8/4/76

Dear Paul,

Thanks for your & 7/31 and the enclosure. I'm laying aside materials to read to and from Washington by bus tomorrow. I'll read it then.

Glad Ebsen's phlebitis has apparently cleared up. I doubt it can totally but if with minimal permanent damage it might amount to that. He makes lots of people happy, including my mother, and I think that is very worthwhile. I presume he's had the best of medical care and advice. I had a heavy one. From my experience, and I think I've come along well, I believe one of the most important things is to use the legs as much as possible and to the point of real fatigue. When I learned that walking (which I have always liked anyway) is good, I'd walk to where I was about to collapse before I'd turn around and return downhill. Most of my discomforts have disappeared, too.

Do not take too much for this story.

A 6'6" 20-year-old friend has been here since Friday working over some of my FOIA files. He walks slower than I do. As we went up the mountain this morning I realized this is less exercise, less value for me. So I walked farthur than since leaving the hospital. When I realized that the mailman would reach our place about the time I could get back I walked faster, real fast, until I was tired and then returned. We were about halfway to the country restaurant you may remember. Steep hill. I'm not sayinf this kid could not out-walk me. I am saying that my normal pace is twice his.

Tell Ebsen that if his life does not permit some daily vigorous exertion that is not forbidden from my experience it will enhance his sense of well-being. Encourage him, too, from my experience. I have adjusted to my limitations and I feel fine. I'm almost as productive as ever. My limitations do not bug me at all.

Odd that you should mention Jack Anderson in a letter that came an hour before a friendly call from Les Whitten just asking how I am. They have their hangups on this subject but Les respects me. They may in the future do something on what jim and I have done with and under FOIA but I discouraged it for now. We'll talk about it someday. Right now I want to spend every minute I can doing the work, not getting attention to it. Any attention now, aside from any with personal knowledge, would also make me look as a publicity seeker to any judge on any case.

The feds are hung up on me, as the enclosed carbon of my this morning's letter to CIA shows. In the end it will work against them. They build a court record for me with this stonewalling and these dirty tricks.

It also is an odd coincidence that the CIA releases these records on behavioral modification and control just at the time I'm trying to finish a summary on a scenario on the same subject. I did complete the retyping of the notes made on the bus and walking from it to the courthouse last week this morning. But it is a coincidence, no more.

Until I see these mind-bending pages I can't know for sure but my hunch is that they've elected to deal with those who know less than I, respond to their requuest rather than mine, in a time-buying ploy. My request cannot be met with a mere 59 pages, the pre-dawn news account on radio. Nothing in WxPost. Ditto on the 1,000 pages of JFK files. I didn't tell him, but I have them from another source. You'll have seen that I do make specific reference to specific contents. This is how I can.

Thanks and best,